

# Turmeric sweet potato wonder pots

Takes 50 minutes, serves 3 and uses a pot and a pan

## INGREDIENTS

2 tablespoons coconut oil  
2 teaspoons ground turmeric  
1/8 teaspoon asafoetida (optional)  
1/8 teaspoon dried chilli flakes  
35g ginger, peeled and chopped (a large thumb-sized piece)  
2 garlic cloves, peeled and chopped  
1 medium onion, peeled and chopped  
Approx 450g sweet potato, skin on, chopped into 1cm chunks  
1 tin black eyed beans, drained and rinsed  
150g dried red lentils  
400g tin coconut milk  
1 heaped tablespoon fresh thyme, chopped  
50g plain peanuts, roughly chopped

## DIRECTIONS

In a large saucepan with a lid, heat the oil over a medium heat. Add the turmeric, optional asafoetida and chilli and mix into the oil.

Add the ginger, garlic and onion and fry for a few minutes until softened. Add the sweet potato and black eyed beans, stirring them around until all well coated with the oil and spices, then cook for another couple of minutes. Add the lentils and mix in well until everything is combined and covered with the spice mix.

Next, add the coconut milk and then refill the tin to the brim with water (making sure you get all the last bits of milk off the inside of the tin) and pour that in as well. Add the thyme and stir it all together, then turn the heat to high.

Bring it to a boil uncovered, then lower the heat and simmer for 10 minutes. Then cover with a lid, lower the heat again and leave to simmer for another 20 minutes, stirring occasionally. If it dries out too much, add a little bit more water (quarter of a can at a time), aim for a thick consistency.

Heat a small pan over a medium-high heat and add the peanuts. Move them around occasionally until browned, then remove from the heat and set aside.

Serve into bowls and sprinkle with toasted peanuts, then serve.

